

Honey-Glazed Haloumi

with Roast Veggie Couscous & Garlic Yoghurt

MEDITERRANEAN

Grab your meal kit with this number

8



Zucchini



Haloumi



Snacking Tomatoes



Couscous



Garlic



Dried Oregano



Greek-Style Yoghurt



Kale



Everything Garnish



Chicken Breast



Haloumi

Recipe Update

We've replaced the baby spinach leaves in this recipe with kale due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Calorie Smart

Couscous, our favourite grain, is back again to star in another dinner winner. Watch squeaky haloumi get golden in the pan, while the roast veggies crisp up in the oven. Top it all off with a dollop of super creamy garlic yoghurt!

Pantry items

Olive Oil, Balsamic Vinegar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
haloumi	1 packet	2 packets
snacking tomatoes	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
water*	1¼ cup	2½ cups
couscous	1 medium packet	1 large packet
garlic	1 clove	2 cloves
honey*	1 tbs	2 tbs
dried oregano	½ medium sachet	1 medium sachet
Greek-style yoghurt	1 medium packet	1 large packet
kale	½ medium packet	1 medium packet
everything garnish	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2516kJ (601Cal)	547kJ (130Cal)
Protein (g)	32.2g	7g
Fat, total (g)	28.2g	6.1g
- saturated (g)	16.3g	3.5g
Carbohydrate (g)	53g	11.5g
- sugars (g)	14.5g	3.2g
Sodium (mg)	1253mg	273mg
Dietary Fibre (g)	7.1g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** into rounds.
- Cut **haloumi** into 1cm-thick slices.
- In a medium bowl, add **haloumi** and cover with water.
- Place **zucchini** and **snacking tomatoes** on a lined oven tray. Add a drizzle of the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** and toss to combine.
- Spread out evenly, then roast until tender blistered, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

4



Cook the haloumi

- Drain **haloumi** and pat dry.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium, then add **honey glaze**, turning **haloumi** to coat until fragrant, **1-2 minutes**.

2



Cook the couscous

- Meanwhile, in a large saucepan, add the **water** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

5



Bring it all together

- Meanwhile, massage **kale** (see ingredients) with **olive oil** a pinch of **salt**.
- To the pan with couscous, add **roasted veggies**, **kale** and a drizzle of **olive oil**.
- Toss to combine and season to taste.

3



Make the dressings

- While the couscous is cooking, finely chop **garlic**.
- In a small bowl, combine the **honey**, a splash of **hot water** and **dried oregano** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a second small bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.

6



Finish & serve

- Divide roast veggie couscous between bowls. Top with honey-glazed haloumi.
- Dollop garlic yoghurt and sprinkle over **everything garnish** to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut chicken breast into 2cm chunks. Cook until cooked through, 5-6 minutes.



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

